Making Changes:

A Book for Women in Abusive Relationships

Nova Scotia
Advisory Council
on the Status of
Women

93-00114/

Canadian Cataloguing in Publication Data
Beagan, Brenda L.
Making changes

ISBN: 0-88871-213-8

1. Abused women - Nova Scotia. 2. Abused women - Services for - Nova Scotia. I. Nova Scotia Advisory Council on the Status of Women

HV6626.B42 1992 362.83 C92-092604-5

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Nova Scotia Advisory Council on the Status of Women
Printed in Nova Scotia

MAKING CHANGES:

A Book for Women
in Abusive Relationships

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Thanks to all the women who read and commented on earlier drafts. Thanks to the women and agencies that provided information. And thanks to Iris Kirby House in St. John's, Newfoundland—their book *I Am Worth the Effort* was an inspiration. Of course, the final product is the sole responsibility of the author.

Printed on paper that contains recycled fibre

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A Book for Women in Abusive Relationships

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TABLE OF CONTENTS

How to Use This Book 1

Introduction 2

Information about Abuse

What Is Abuse? 3

Who Abuses Women? 4

Patterns of Violence 5

What Does Abuse Do to Women? 6

Why Does Abuse Happen? 7

What Can You Do about It?

Talking about It 8

Making Choices 9

Staying with Him 9

Setting Limits 10

Counselling for Abusive Men 10

In an Emergency 11

Have an Emergency Plan 12

Pack an Emergency Bag 13

How to Get Help 14

What Can the Police Do? 15

Where Can You Go? 17

Then What? 18

TABLE OF CONTENTS

Other Matters

Laws, Lawyers, Legal Matters 19

Important Legal Matters 19

Getting Legal Advice 19

Peace Bonds 21

What about Money? 22

Welfare 22

Family Benefits 23

Child Maintenance 24

Housing 25

If You Own a House 27

Getting a Job 27

Counselling 28

Help for the Children 30

Summary 32

Directory 33

How to Use This Book

You can read this book in whatever way you want or need to. You don't have to start at the first page. You don't have to read it in order. You don't have to read it all now.

You can read the parts that are most important to you right now, and read the other parts later.

You can rip off the front cover if you need to. You can tear out pages if you want to. You can write in it if that is safe for you.

Introduction

Women can be abused physically, emotionally, and sexually. Maybe you are being abused by your husband, boyfriend, or some other man in your life. Maybe you think you are being abused, but you are not sure. We hope this booklet can help you decide what is happening to you and what you might want to do about it.

If you think you are being abused by a woman in your life, you may be able to use this book as well. There are differences in the way we think about and talk about abuse by women. But some things may be the same.

You are not alone. At least 1 out of every 10 women who lives with a man is being abused. These women are from many different backgrounds. They are all ages. They are all races. They have many different income levels. They have different levels of formal education. Their stories may not be the same as yours, but they might be similar.

You do not deserve to be abused. No one has the right to hit you, or be mean to you, or make you live in fear.

It is not your fault. No matter what you do, no one has the right to abuse you.

You are very brave just to pick up this book.

We hope this book will help you figure out what you can do. There are 3 main parts:

1. Information about woman abuse
2. Some things you may be able to do about it
3. Some phone numbers and addresses of groups that you might get in touch with.

Information about Abuse

What Is Abuse?

People call abuse of women different things:

- wife battering
- domestic violence
- wife abuse
- family violence
- assault

You might not feel that any of these labels is right for you. You might feel like "abuse" is something that happens to somebody else.

Physical abuse can be hitting, punching, kicking, shoving, or using weapons against you.

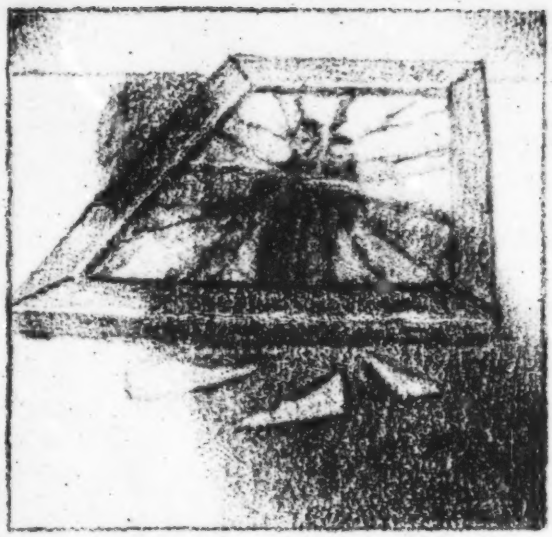
Sexual abuse can be forcing you to have sex when you don't want to, or to have sex in ways that you don't like.

Emotional or **psychological abuse** can be threats against you, or against people or things that you love. It can be embarrassing you, criticizing you, swearing at you, or yelling at you in public. It can be insulting and accusing you or controlling everything you do or who you spend time with.

Economic abuse can be not letting you have enough money for the things you need, or it can be totally controlling your money.

Usually, these things happen over and over again. But even the first time is abuse.

Basically, woman abuse is about control. It's about using force, or threats, to make you afraid. It's about using that fear to control you.



Who Abuses Women?

All different kinds of men abuse women. Men who abuse can be all different ages and races. They can have all different kinds of jobs and education. They can be your husband or ex-husband, boyfriend or ex-boyfriend, lover, son—anyone in your life.

Abuse can happen in any type of relationship.

There are lots of excuses for why men abuse women. The man may have been abused himself. He may be insecure. He may be "stressed out." He may drink too much.

The one thing abusive men have in common is that **they have learned that violence is okay.** They believe it is okay to hurt people, even if they love them.

But it's not okay. Ever. There are other, less harmful, ways to deal with problems. There are better ways to treat people.

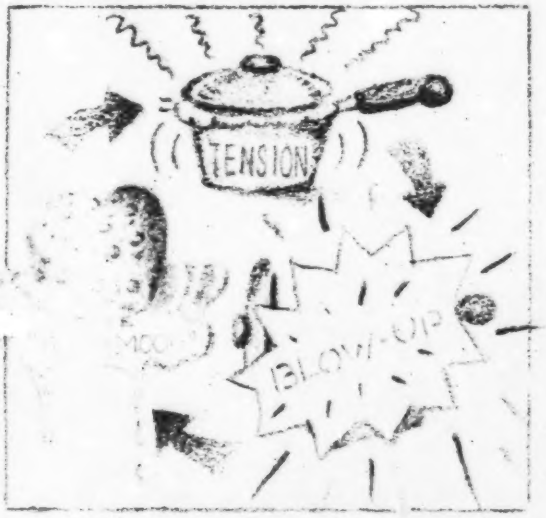
Patterns of Violence

For many women, the violence starts early in the relationship. For others it may start later. Often the violence starts during pregnancy.

For a lot of women there is a **cycle of violence**. The pattern often looks like this.

1. First, the **tension and anger** build up. Sometimes there's an argument. She may try to keep the peace.
2. Then, **he explodes** and gets violent. He hits her or abuses her in some other way.
3. Finally, there's a "honeymoon." He's sorry. He feels guilty and promises it will never, ever happen again. She wants to believe him. There is **temporary peace**.

Sooner or later, the anger builds up again, and **the whole thing starts all over.**



What Does Abuse Do to Women?

Most abused women feel worthless. They feel like failures. Many feel ashamed.

Women may live with constant fear. They may live with worry, guilt, and self-blame.

Some feel like no one could ever love them. They feel stupid and ugly and all alone. They feel degraded. After a while, many women who are abused have no self-respect left.

For some women, one of the hardest parts is the feelings of loss. They've lost their self-respect. They've lost their respect for him and for the relationship. They've lost their hope and lost what may once have been loving happiness.

The effects of physical abuse can be black eyes, broken bones, bruises, burns, concussions, cuts, scratches—even death. A woman beaten while she is pregnant can lose the baby.

If you have children, you may have decided to put up with the abuse for their sake. But you know that it affects them.

- They might be scared and confused.
- They might have nightmares or headaches.
- They may blame themselves.
- They may be abused, too.

In any case, children learn that it's okay to hurt people they love. They learn that it's okay for someone who loves them to hurt them.

Why Does Abuse Happen?

It is not your fault.

No one has the right to hit or hurt you. You may think, "I do make mistakes. I do some things wrong." Maybe you do. But no matter what you do, you do not deserve abuse. You do not ask for it. Whatever the reasons, nobody has the right to abuse you.

Some women say, "But he loves me. He's just jealous." Maybe he does love you. But if he does, **then his way of loving is harmful.**

There are other ways to behave with people you love. He decides to treat you the way he does. It's his choice. He has to take responsibility for his behaviour. If you refuse to let him treat you badly, it doesn't mean you don't love him, either.

Maybe you feel sorry for the man who abuses you. Lots of women do. Maybe he has problems. Maybe he was abused himself. Maybe he's insecure now and he needs you to make him feel better about himself. But you can't make someone feel good about himself. He has to learn to do that without having to put someone else down.

Just remember. There are other ways of dealing with problems. There are other ways of showing anger. He has a choice. If he chooses to use violence, he has to take responsibility for that. And if he hurts you physically or sexually, **that's a crime.** If he threatens you, that's a crime, too.

What Can You Do about It?

You may feel scared or helpless. Most women feel that way if they are being abused. But if you want things to get better, somehow you need to make changes even though you are afraid. It may be very hard.

Talking about It

You may find it helps to talk about it with someone you can trust. You may be able to talk with a friend or relative, a minister or a doctor.

Lots of women don't know anybody they can talk to. You can look in the phone book to find someone who is there to help you. Most phone books put the number for a Help Line on one of the front pages. Or you can look in the Yellow Pages under Social Services Organizations. Or you can look in the back of this book.

A lot of women find it really helps to talk to someone about what is happening.

You might feel ashamed to ask for help for something that seems so private. Maybe you can remember that **all of us need help sometimes. It's okay to ask for help**, even though it might be hard or embarrassing. It takes a lot of courage to reach out for help.

Try to remember how strong you can be when you need to be. Think of all the things you have already done! Most women have done a lot to try to make things work, to reduce the violence, to protect the children.

But you also need to see when you have done everything you can.

Making Choices

You have some choices to make. And you are the only one who can decide what is best for you. But remember that you don't deserve to be abused. And you do deserve to feel safe and to be treated with respect.

Staying with Him

You may decide to stay with your partner, at least for now. Maybe you feel there is still a chance to keep things together. You may feel that your relationship is really important and you've put a lot into it. Most women do.

You should know that abuse tends to get worse. Things may not get better.

Setting Limits

If you do decide to stay, you need to set some limits.

You can decide what has to change if you are going to stay.

And you can decide how long you will give him to make these changes.

(But think about your own safety, too. It may not be safe for you to push for changes right now. Protect yourself.)

If these changes don't happen in the time you set, you may decide to leave. You can leave for a while or forever. This can be a very hard decision to make. But some women find that going away for a while is the one thing that works. It shows their partners that they are serious about the need for changes.

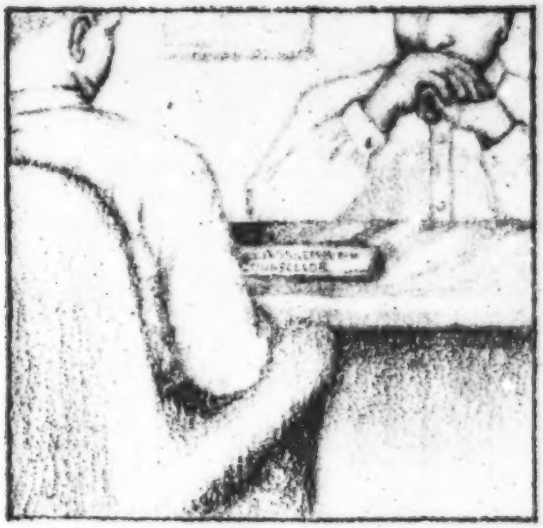
Counselling for Abusive Men

There are **counsellors who work with abusive men.** There are some programs for abusive men. Sometimes they work and sometimes they don't. Some programs are better than other programs. If counselling does work, one reason is because the man wants to change. How much he changes, and how he changes, may depend on his reasons for getting help.

With counselling, he may stop being abusive. Or he may just change the way he is abusive. Some men stop hitting women, but they get more emotionally or verbally abusive. Some men don't change at all.

Only you can decide if the abuse has stopped.

But it might help if you talk to someone from the local transition house. They can give you some support.



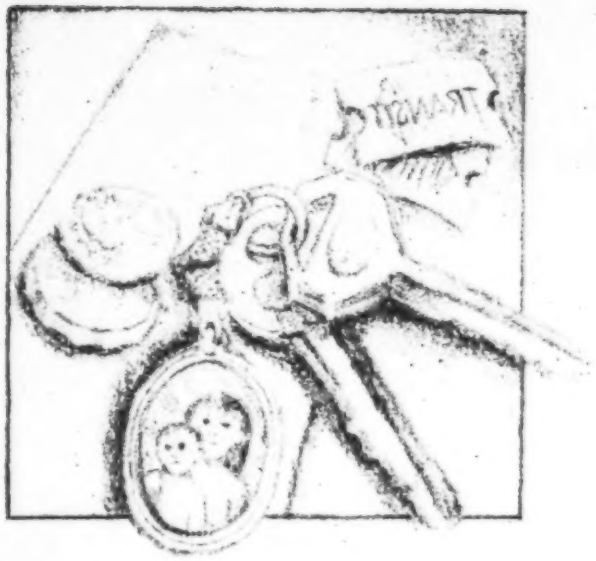
If you do decide to stay with your partner, you should **have an emergency plan.** You need to know what to do to protect yourself.

In an Emergency

Have an Emergency Plan

If you do have to act quickly, you should be prepared. Here are some things to think about.

- Where can you go in an emergency? You will need to have somewhere safe.
- How will you get there? Is there someone who can come and get you? Can you take a car, a taxi or a bus?
- Is there someone you can call to tell what is happening and where you are going?
- Is there someone you can leave your pets with?



Will you take your children? You have every right to take your children with you. You might think they will be in danger if you leave them.

If you don't take your children, you may have trouble getting them later. You may decide not to go back or you may decide to get a divorce. If you don't have your children with you, you may have trouble getting custody.

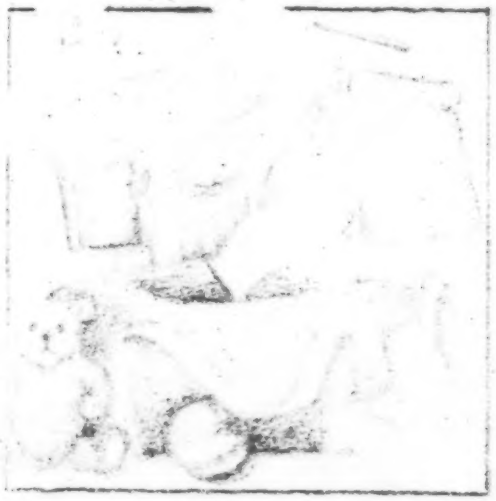
You should get legal advice before you take your children out of the province.

It's probably a good idea to get legal advice now anyway—even before there is an emergency.

Pack an Emergency Bag

You can **pack an emergency bag,** in case you need to leave quickly. You can leave it with a friend if you have to. If you don't feel safe doing that, you can make a list of things to take. Here are some things to take.

- money, bank books, charge cards
- clothes for a few days
- any medicine you or your children need
- house keys, car keys
- identification, MSI cards, important papers
- the children's favourite toys and books
- your address/phone book



You can't take everything! Just take what you'll need for a few days. If you decide not to go back to stay, the police can go with you to get the rest of your things. They will protect you, but they are not allowed to help you carry your things. You may want to bring a friend to help you.

How to Get Help

You may get help by screaming but you can't be sure. Try to get to a phone, and **call the police.** Keep the number by the phone. If that's not safe, maybe you can memorize the number.

You may not have long to talk, so try to be clear. **Tell them:**

- your address, name, and phone number
- that you are being attacked
- that you are afraid for your life
- where your attacker is and whether he has a weapon

It is illegal for anyone to assault you, and the police or RCMP have to come.

Town or city police should arrive within 2 to 5 minutes. The RCMP may take longer, depending on where you live. If you are afraid of being killed, tell them. It should make them come faster.

When the police come, they will stop the violence. Then they will question you and they will question the man. They should not talk to the two of you at the same time.

Tell them what happened. Give them details.

Show them any injuries or damage to your belongings or your home.

Tell them about anyone who might have heard or seen anything.

Tell them if he has assaulted you before. Tell them if you have a Peace Bond or restraining order on him.

Tell them if you think he will beat you again when they leave.

Try to stay calm. **Cooperate** with the police. They are supposed to help you.

Get their names in case you need to contact them later.

What Can the Police Do?

The police may charge the man with assault. This is a criminal offense.

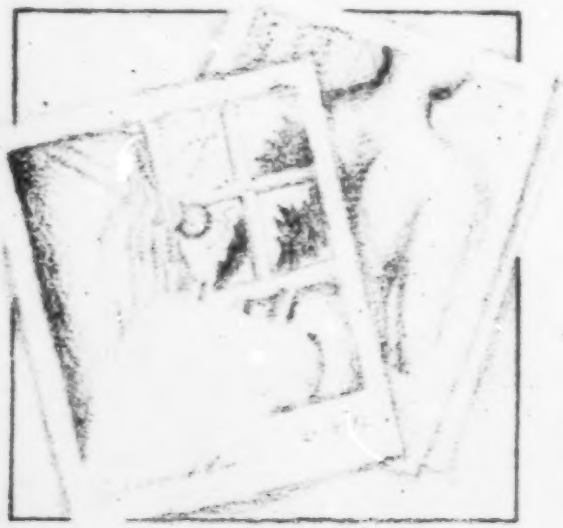
They may arrest him, especially if they think he will hit you again when they leave. If they do take him into custody, it is usually overnight, and sometimes only for a few hours. **Ask them how long he will be kept.**

If they don't take him into custody, you may be afraid to be alone with him. Ask the police to wait while you get your things. Get them to take you and your children to a safe place.

The police should lay charges if there is any evidence. But they don't always do this. If they don't, **you can lay charges yourself.** You'll need evidence. Try to do as many of these things as you can.

- Keep torn or bloody clothing.
- Keep any weapons he used.
- If you are hurt, go to the hospital or to a doctor. Tell them you have been beaten. Make sure they write about your injuries in their medical records.
- Get photos of your injuries, of broken furniture, or any other damage. Maybe a friend will take the pictures. Get her to sign and date them. This can be important evidence in a trial.

You normally go to Family Court to lay charges. It may help to call Legal Aid or a transition house to get advice.



Where Can You Go?

You need to go somewhere safe. Would he look for you? Where might he look? Think about where he wouldn't find you. Maybe you can go to a friend or a relative. If you have the money, you may want to go to a motel.

Some women go to transition houses. These are emergency shelters for women. There are several in Nova Scotia. They all take children and have trained staff to work with kids. Many of the transition houses are not wheelchair accessible. None of them take pets.

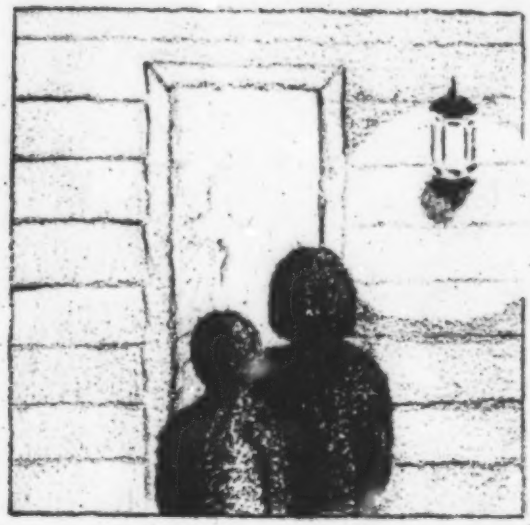
Many transition houses have secret addresses so women can be safe there. When you call the transition house, they will arrange to meet you. The phone numbers of all the houses are listed at the back of this book.

At the transition house you will be safe. There will be someone there to listen to you. Trained staff can advise you about medical, legal, and financial problems. They will help you look at what you can do. You can decide what's best for you.

Everything will be confidential. They will not talk about your problems with anyone else unless you want them to.

There will be other women and children there. It can help just to talk with someone who has had a similar experience.

You can stay for up to 6 weeks at the transition house. You don't have to pay for it. They will provide food, clothing, and other things you need. You will be expected to help with the cooking and housework.



You and your children will be given a private room. Some houses have wheelchair accessible rooms and baths. (See the list at the back.)

Then What?

Once you are safe, you can take some time to decide what to do next. At a transition house, counsellors can help you with this.

If you don't go to a transition house, you can still call there for advice. You can call their 24-hour crisis lines. You can arrange a visit with them. Some houses have workers who can meet with you in your home or somewhere safe.

Other Matters

Law, Lawyers, Legal Matters

If you want to find out about the law, lawyers, and legal matters, call Public Legal Education (listed at the back). They will answer your questions. You can also call Dial-a-Law for information. You will get a tape recording.

Important Legal Matters

If you have children and you want custody, you should apply for a custody order right away. You can do that through Family Court. Then talk to Legal Aid, or a lawyer, right away.

You may need legal advice if you decide to not to go back to your partner right away. You will need legal advice if you want a divorce.

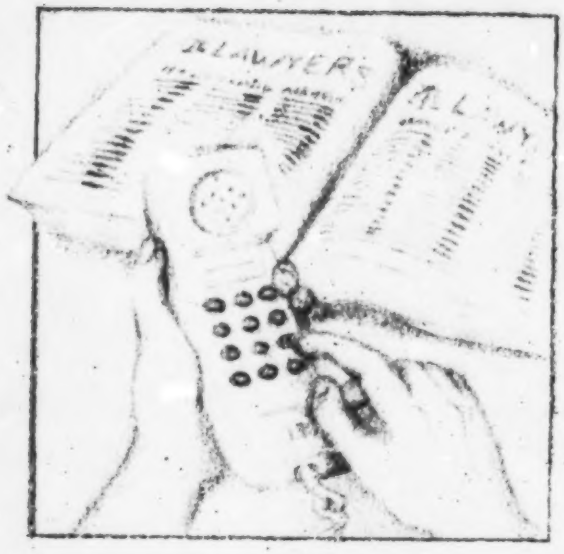
Don't sign any papers that might affect your rights until you talk with a lawyer.

Getting Legal Advice

At a transition house, the staff can help you get legal advice.

If you can't afford a lawyer, call Legal Aid (listed at the back). They give free legal services if you can't pay. Call them right away. Legal Aid can't work for both you and your abuser. If he calls them first they can't help you.

If you don't have a lawyer, you can look in the Yellow Pages under Lawyers. The lawyers listed under Family Law may be most helpful to you. If you can, ask your friends or people you work with for names of good lawyers.



Many women feel scared or nervous going to a lawyer but you can't put it off.

You pay a lawyer by the hour. Bring a list of questions and as much information as you can. You may want to ask about going to court and about trials. You may want to ask about separation and divorce and who has the right to the house and belongings.

If you have children, you should ask about custody, and maintenance. Maintenance is money the children's father has to pay for their care.

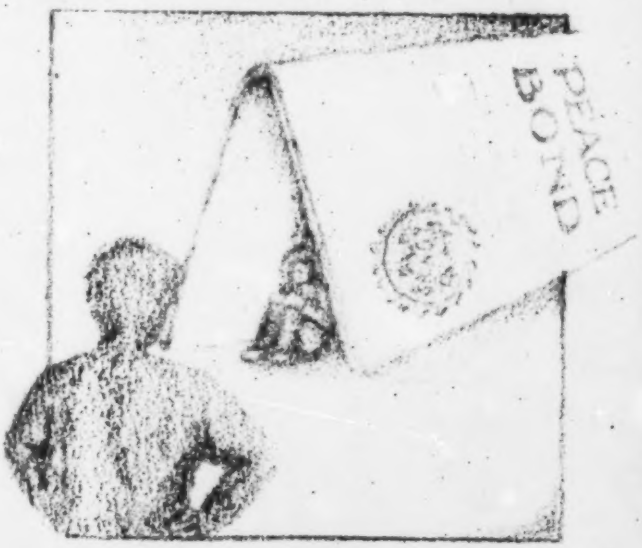
Peace Bonds

A Peace Bond is a legal paper a judge can order your abuser to sign. When he signs it, he promises things like these.

- He will not harm you or threaten you.
- He won't have any contact with you.
- He will stay away from your home or work.

What if he breaks the Peace Bond? If he breaks the Peace Bond, you can report it to the police. He can be arrested and fined or put in jail. (The police don't always lay charges, even when you think they should.)

To get a Peace Bond you normally go to Family Court. You don't need a lawyer, but it can help to talk to one, or to Legal Aid. In court, you will need details of when he hit or threatened you. You will have to convince the judge you have good reason to be afraid.



Your partner will also be there in court.

You should know that it can take 2 to 6 weeks (or longer) to get a Peace Bond. It lasts for up to 1 year.

What about Money?

Maybe you are expecting a cheque in the mail. Maybe you are expecting a cheque from work, or from UIC, or Family Benefits, or Family Allowance. You can call those offices and ask them not to mail your cheque to your home address.

You can also get all your mail sent to a new address. The Post Office will re-address your mail for up to 4 months. It takes 3 to 5 days for the Post Office to start sending your mail to a new address. It costs $10 to $15.

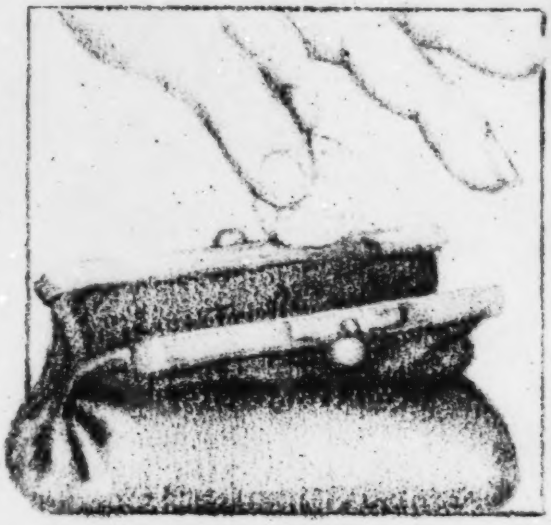
Welfare

What if you don't have any money, or don't have enough? If you leave your home, and you don't have enough money, you may be able to get social assistance (welfare).

Call the Municipal Social Assistance Office closest to where you live. (The offices are listed at the back.) They can give you some money right away for emergencies.

There are things you will have to do to apply for welfare.

- Explain why you are applying.
- Give your name and address.
- Show identification for yourself and your children.
- Show proof of your income. This is usually stubs from your paycheques, or whatever money you get.



It can take 3-5 days to find out if you will get welfare. If they decide you can, you will get a cheque each month for food, rent, clothing, and a few other things. It's not a lot of money, but it is something!

Family Benefits

If you have children, or are disabled, you can apply for Family Benefits (provincial social assistance). Family Benefits is for long-term help. Call the nearest Department of Community Services office to apply. The offices are listed at the back.

It can take up to 3 months before your Family Benefits cheques start to come. But you can still get welfare (Municipal Assistance) while you wait. Once you get on Family Benefits, you can stay on it as long as you and your children need to.

It can feel very embarrassing to have to apply for welfare or Family Benefits. Maybe you can think of it as just for a while. Maybe you can think of it as a way to get out of an abusive relationship. Maybe you can think of it as a way to take control of your life.

And remember, that's what these agencies are for. They are there for anyone who needs some help.

Child Maintenance

If you have children and you apply for welfare or Family Benefits, you may have to apply for maintenance. This is money their father has to pay for their care. A lawyer can help you apply for maintenance.

The maintenance money can be paid through Family Benefits. Then you get all your money each month even if he doesn't pay what he's supposed to. If he doesn't pay, Family Benefits has to collect from him.

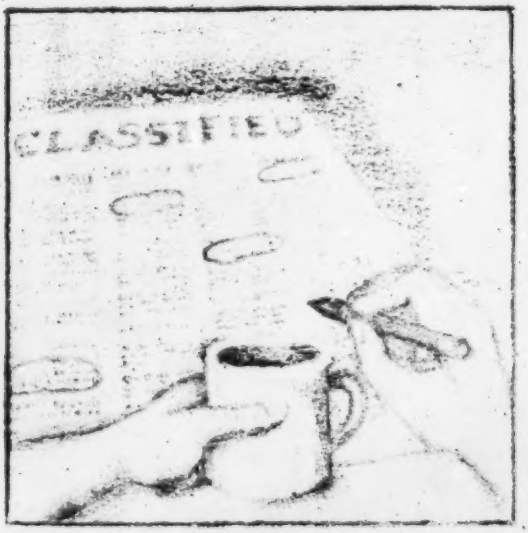
Housing

Where can you go after the transition house? Or where can you go after the motel, or after your friend's house?

Some places have **low-cost housing.** Call the Department of Housing office to find out about low-cost housing. Their offices are in your phone book, in the blue pages at the back.

Some places have **"second-stage housing."** That is safe and cheap housing for abused women and their children. Usually you can stay for 1 year. Your local transition house can tell you more about second-stage housing.

Maybe you need **to find an apartment.** The newspaper is a good place to start looking. Check the classified ads. That can help you get ideas of what to look for, and how much rent may cost.



Make a list of what you want in an apartment.

- What do you need to be safe from your abuser? Do you need an apartment on the third floor or higher? Do you need a security building?
- How much can you pay for rent? How much can you pay for heat and lights? Welfare and Family Benefits only allow a certain amount. Find out how much that is.
- How many bedrooms do you need? How much space do you need?
- Do you want to live alone, or share an apartment? If you have children, would you like to share with another mother?
- How close do you need to be to work? Do you need to be close to schools?

When you call about an ad for an apartment, ask about all of these things. **Not all places accept children**, or pets.

When you find an apartment, you may need to pay a **damage deposit.** A damage deposit is money that you pay when you first rent a place. It is usually half a month's rent. **Social assistance does not normally pay for it.** If the place is not damaged when you move out, you get this money back. You also have to tell them early enough that you are moving.

You may also have to **sign a lease.** A lease is a form saying that you are renting the place. It says how long you are renting for, and how much you pay each month. Make sure you understand your lease before you sign it. Make sure you get a copy.

If You Own a House

Maybe you own a house, alone or with your partner. Or maybe he owns the house. If you are not married, whoever owns the house has full legal rights to it.

If you are married, you and your husband have equal legal rights to the house. Even if the house is in his name, you have equal legal rights to it. He can't sell it without your consent. But you should get legal advice right away.

Getting a Job

Finding a job can be hard.

But it is possible, even if you've never had a job before. **You may have skills you don't even know you have.** Maybe you've been taking care of a home or children. That takes skills. Maybe you've done unpaid work. That takes skills, too.

It can be really depressing and frustrating looking for work. Don't let it get you down.

There are services and agencies to help you. Some of them are just for women. See the list at the back, under Employment.

They can help you find out things you need to know.

- What skills you have.
- What sort of work might suit you.
- What sorts of jobs are out there.
- What job training courses you might take.

Tell everyone you know that you are looking for a job. Often people know of jobs you can apply for.

Counselling

You have been through a lot. You may have made a lot of changes in a short time. You may have a lot more changes to make. All of that can be very stressful.

Maybe you feel afraid. Maybe you feel confused. Maybe you feel hurt, guilty, worried, angry. However you are feeling, you might want to talk with a counsellor about it.

Counsellors are trained to help sort things out. They are there to listen.

Lots of groups offer counselling. Some groups are listed at the back of this book. Some are free, though it may take a while to get in to see someone.

You can get counselling at a transition house. Or the staff can help you find a counsellor somewhere else. If you are not happy with the first counsellor you go to, try someone else.

Getting counselling can be hard for a lot of people. Maybe it feels like you are a failure, like you are "sick" or something. Maybe it feels like you aren't tough enough to handle things yourself. But you don't have to prove anything.

You have survived things lots of people might not have.

And you've taken some really hard steps to make things better.

It takes courage to see when it's time to reach out to get help. But you do deserve to be happy. And you have to take care of yourself now. You need to be able to count on yourself for the next while.

Help for the Children

If you have children, they have probably seen the violence. **They would be affected by seeing you abused.** Or maybe they have even been abused themselves. And if their home has just been split up, that may be very hard.

Your children are probably confused and scared. They may need help dealing with all of it. There are things most children need to know.

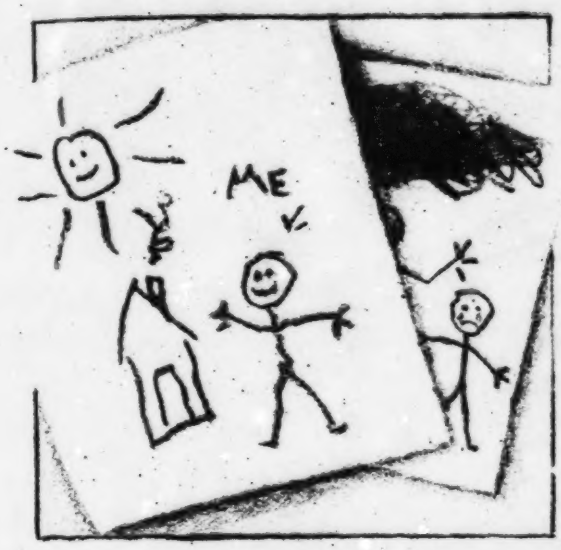
- They need to know they are safe, and will stay safe.
- They need to know it was not their fault.
- They need to know you love them.
- They need to know it's okay to feel whatever they are feeling. And that it's okay to talk about it.
- They need to know they will be understood.

And children need to know the truth about what is happening.

Your children may also need to blame someone. They may blame you. They may see you as the one to blame because you are the one who left. Maybe they often saw your abuser blame you for things, so they think that's okay.

If your children blame you, that may be really hard for you. But try to be patient with them. Try to help them see why you are doing what you are doing.

It may help to let them know you are afraid, too.



All transition houses have programs for children. The staff are used to dealing with children who have just come from homes where they saw abuse or were abused. Maybe they can help your children. And maybe they can help you cope with your children.

There are also other agencies that offer counselling for children. (See the list at the back.)

Remember, **getting counselling for your children does not mean you have failed** in any way. Your children have been through a lot. It's okay if they need some help.

SUMMARY

No one has the right to hit you. No one has the right to hurt you in any way, or make you live in fear. You do not deserve to be abused. You have a right to feel safe in a relationship. You have a right to be treated with respect.

If you are being abused, there are things you can do. You can make changes. Whatever you decide to do, your own safety and your children's safety should come first. You should have an emergency plan.

Remember, you are not alone. There are people who care. There are people who can help. There are places you can go. There are ways to get money, and jobs.

Remember, **you can make changes.**

DIRECTORY

Here are some groups and services that may be helpful. You may find some are better than others for your needs.

Contents **Page**

Your List of Phone Numbers....34
Counselling....35
- Family Services....35
- Mental Health Services....35
- Children....36
- Programs For Abusive Men....37

Employment....37
Family Courts....40
Help Lines....40
Legal Aid, Lawyers....40
Municipal Social Assistance (Welfare)....41
Police and RCMP....43
Provincial Social Assistance (Family Benefits)....45
Support Groups for Women in Abusive Relationships....46
Transition Houses....47
Welfare (See Municipal Social Assistance; Provincial Social Assistance)....41, 45
Women's Centres/Women's Groups....48
Other Numbers....49

For deaf and hard of hearing women, and women with speech disabilities: Many of the groups and services listed here do not have TDD/TTY numbers. **If you use a TDD/TTY** you can contact these services through the Maritime Relay Service. They will interpret for you. **Call 1-800-267-6511.**

Your List of Phone Numbers

Name	Number

Counselling

Most transition houses offer counselling for women and children. Or they can tell you about other good places to get counselling.

Family Services

Antigonish 863-2358
Dartmouth 424-7430
Glace Bay 849-4772
Guysborough County 533-4046
Halifax 420-1980
Inverness-Richmond 625-0131
New Waterford 862-6429
Northside 736-6281
Pictou County 752-7562
Spryfield 470-1111
Sydney 539-7433
Truro 893-5950

Mental Health Services

Abbey Lane Memorial Hospital (Halifax) 420-2222
Annapolis County Mental Health Clinics
- Annapolis Royal 532-2381
- Middleton 825-4825

Berwick Mental Health Clinic (Berwick) 538-8034
Cape Breton Hospital
- Glace Bay 849-4414
- New Waterford 862-7195
- North Sydney 794-8551
- Sydney 539-3370

Clare Mental Health Centre (Meteghan) 645-3470
Cobequid Mental Health Clinic (Truro) 893-5526
Cumberland Mental Health Centre (Amherst) 667-3361
Dartmouth Mental Health Clinic 464-3116
..... (crisis) 464-3252
Digby Mental Health Clinic (Digby) 245-4709
Fundy Mental Health Clinic (Wolfville) 542-2251
Hants Community Hospital Mental Health Clinic (Windsor) 798-8351
Nova Scotia Hospital (Dartmouth) 464-3111
Pictou County Mental Health Clinic (New Glasgow) 755-1137
Psychiatric Mental Health Clinic 742-3541
Yarmouth Regional Hospital
Psychiatric Mental Health Services 863-2830
St. Martha's Hospital (Antigonish)
Shelburne Mental Health Clinic 875-4200
South Shore Regional Hospital
Mental Health Clinic (Bridgewater) 543-7191
Valley Regional Hospital (Kentville) 678-7381

Children

Atlantic Child Guidance Centre
Halifax 422-1611
Dartmouth 469-8170
Sackville 864-8668
Eastern Shore (Musquodoboit Harbour) 889-3660
Izaak Walton Killam Memorial Hospital for Children (Halifax)
Psychiatry 428-8375
Psychology ..... 428-8405 or 428-8454

Programs for Abusive Men

Bridges (Truro) 893-5994
Crossings (Windsor) 798-2484
Fresh Start (Bridgewater) 644-3013
New Directions (Amherst) 667-1344
New Leaf (New Glasgow) ..... (office) 755-2220
..... (mobile) 396-6592
New Start (Halifax) 453-4320
RAP Recovering Abusive Persons (Wolfville) 542-7673
Shifting Gears (Antigonish) 863-2358
Treatment Group for Men Who Batter (Sydney) 567-0484

Employment

Ann Terry Project 539-0404
Women's Employment Outreach 539-5473
P.O. Box 368
Sydney, NS B1P 6H2

Career Planning for Single Parents 424-4764
Dept of Community Services 424-4762
P.O. Box 8715
Halifax, NS B3K 5M4

Life Planning and Learning Centre 465-1055
65 Prince Albert Road
Dartmouth, NS B2Y 1M1

Supportive Action for Women 835-5231
1595 Bedford Highway, Suite 219
Bedford, NS B4A 1E7

Women's Employment Outreach 422-8023
5639 Spring Garden Road, 3rd floor
Halifax, NS B3J 1G9

YWCA–Women in Transition Training Program 423-6162
1239 Barrington Street
Halifax

Canada Employment Centres

Amherst 667-5163
98 Victoria Street

Antigonish 863-7010
2nd floor, Federal Building, Main Street

Bedford 426-5185
2nd floor, Royal Bank Building
1597 Bedford Highway

Bridgewater 527-5511
236 Dominion Street

Chester 275-4404
Shore Mall

Clare 769-3371
Credit Union Building, Church Point

Dartmouth 426-4720
73 Tacoma Drive (TDD) 426-2794

Digby 245-4781
Evangeline Mall

Glace Bay 842-2455
26 Marconi Street

Guysborough 533-2119
Chedabucto Centre

Halifax 426-5165
2nd floor, Mumford Tower II
Halifax Shopping Centre

Halifax (North) 426-3485
2089 Gottingen Street

Inverness 258-2995
250 Railway Street

Kentville 679-5500
2nd floor, 495 Main Street

Liverpool 354-3471
164 Main Street

Lunenburg 634-8807
121 Pelham

Middleton 825-4675
161 Commercial Street

Mulgrave 747-2462
2nd floor, Federal Building
Main Street

New Glasgow 755-7847
35 Donald Street

New Waterford 592-5150
Post Office Building
3441 Plummer Avenue

North Sydney 794-5877
North Sydney Mall
105 King Street

Pictou 485-4366
Federal Building
31 Front Street

Port Hawkesbury 625-2500
Chediac Shopping Centre
Reeves Street

Shelburne 875-2452
Corner of John and Water Streets

Springhill 597-3791
6 Main Street

Sydney 564-7246
136 Charlotte Street

Truro 893-0027
14 Court Street

Windsor 798-5701
48 Gerrish Street

Yarmouth 742-0822
13 Willow Street

Family Courts

Annapolis, Yarmouth, Digby and Shelburne Counties 742-0550
Cape Breton 563-2200
Colchester County and Shubenacadie 893-5950
Cumberland County 667-3598
Dartmouth, and part of Halifax County 424-4600
Halifax, and part of Halifax County 424-3990
Kings and Hants Counties 679-6075
Lunenburg and Queens Counties 634-8785
Pictou, Antigonish, and Guysborough Counties 755-6520

Help Lines

Cobequid Region Helpline 893-3333
(11:00 am-11:00 pm)
Halifax Helpline ..... (crisis, **TDD**) 421-1188
Pictou County Helpline 752-5952
(noon to midnight)
South Shore Helpline 543-2999
(5:30 pm-2:00 am)
Strait-Richmond-Inverness Area Helpline 625-4444
(6:00 pm to midnight, Friday-Sunday)
Valley Care Line (Digby-Wolfville) 825-4884
(7:00 pm to midnight) (toll-free) 1-825-4884

Legal Aid, Lawyers

Nova Scotia Legal Aid
Amherst 667-7544
Annapolis Royal 532 2311
Antigonish 863-3350
Bridgewater 543-4658

Halifax 420-6565
Kentville 678-8381
New Glasgow 752-1935
Truro 895-5920
Sydney 539-2295
Windsor 798-8397
Yarmouth 742-7827

Dalhousie Legal Aid 423-8105
5557 Cunard Street
Halifax, NS B3K 1C5

Metro Community Law Clinic (Legal Aid) 420-3450
2830 Agricola Street
Halifax, NS B3K 4E4

Dial-a-Law 420-1888
Halifax

Public Legal Education Society 423-7154
1127 Barrington St., Suite 109 1-420-9779
Halifax, NS B3H 3P8 (toll-free)

Municipal Social Assistance (Welfare)

Amherst 667-7190
Annapolis Royal 532-2358
Antigonish 863-3213
Bedford 477-9711
Berwick 678-6141
Bridgetown 532-2358
Bridgewater 543-2411
Canso 533-4007
Clark's Harbour 635-2335
Colchester County 895-9236

Municipal Social Assistance (Welfare)

Dartmouth	464-2350
Digby/Clare	245-5811
Dominion	849-6504
Glace Bay	849-1222
Guysborough	533-4007
Halifax	421-6450
Halifax County	
Cole Harbour	435-7472
Dutch Village Road	453-7425
Sackville	864-0303
Hantsport	798-8319
Kentville	678-6141
Liverpool	354-2771
Lockeport	637-2335
Louisbourg	733-2014
Lunenburg	543-2411
Mahone Bay	543-2411
Middleton	532-2358
Mulgrave	533-4007
New Glasgow	755-5950
New Waterford	862-6497
North Sydney	794-4781
Oxford	447-2170
Parrsboro	667-8703
Pictou	755-5950
Port Hawkesbury	625-0662
Shelburne	637-2335
Springhill	597-3709

Spryfield	479-1111
Stellarton	755-5950
Stewiacke	895-9236
Sydney	563-7575
Sydney Mines	736-6270
Trenton	755-5950
Truro	893-5950
Westville	755-5950
Windsor	798-8319
Wolfville	798-8319
Yarmouth	742-7871

Police and RCMP

(RCMP **TDD** line: **426-7554**)

Community	Local Police	RCMP Office	RCMP* 24-hour Emergency
Amherst	667-8600	667-3859	893-1323
Annapolis Royal	532-2427		742-1323
Antigonish		863-6500	893-1323
Arichat		226-2533	564-1323
Baddeck		295-2350	564-1323
Barrington		637-2325	742-1323
Bedford (in town)	911		
(outside town)	494-8900		426-1323
Berwick	538-3666		426-1323
Bible Hill		895-1526	893-1323
Bridgetown		665-4481	742-1323
Bridgewater	543-2464	527-5555	426-1323

* The RCMP 24-hour emergency numbers are toll-free. You may have to dial 1 first, if it's long distance.

Police and RCMP (cont'd)

Community	Local Police	RCMP Office	RCMP* 24-hour Emergency
Canso		366-2440	893-1323
Chester		275-3583	426-1323
Cheticamp		224-2050	564-1323
Chezzetcook		426-8130	426-1323
Cole Harbour		426-8130	426-1323
Dartmouth	4105	426-8130	426-1323
Digby		245-2579	742-1323
Dominion	849-4576		564-1323
Glace Bay	849-6500	564-2922	564-1323
Guysborough		533-3801	893-1323
Halifax	4105	426-3611	426-1323
Hantsport	684-3538		426-1323
Ingonish		285-2021	564-1323
Inverness		258-2213	564-1323
Kentville	678-3378	678-3213	426-1323
Kingston		765-3317	426-1323
Liverpool		354-5721	742-1323
Louisbourg	733-2444		564-1323
Lunenburg	634-4312	634-8674	426-1323
Mahone Bay	624-8411		426-1323
Meteghan		645-2326	742-1323
Middleton	825-4892		742-1323
Musquodoboit Harbour		889-3300	426-1323
New Waterford	862-6461		564-1323
New Minas		679-5555	426-1323
New Glasgow	752-1941	755-4141	893-1323
North Sydney	794-7271	794-5800	564-1323

Community	Local Police	RCMP Office	RCMP* 24-hour Emergency
Oxford		447-2525	893-1323
Parrsboro		254-2424	893-1323
Pictou		485-4333	893-1323
Port Hawkesbury		625-2220	893-1323
Pugwash		243-2181	893-1323
Reserve Mines		564-2922	564-1323
Sackville		865-6080	426-1323
Sheet Harbour		885-2510	426-1323
Shelburne		875-2490	742-1323
Sherbrooke		522-2200	893-1323
Springhill	597-3779		893-1323
St. Peters		535-2002	564-1323
Stellarton	752-6160	755-4141	893-1323
Stewiacke		639-2366	893-1323
Sydney Mines	736-6026	564-7375	564-1323
Sydney	564-4415	564-7171	564-1323
Tatamagouche		657-2040	893-1323
Trenton	752-1113		893-1323
Truro Highway		895-6389	893-1323
Truro	895-5351		893-1323
Westville	396-4911		893-1323
Windsor (Town)	542-5341	798-2207	426-1323
Municipality		798-8366	426-1323
Wolfville	542-3817	798-8366	426-1323
Yarmouth (Town)		742-9106	742-1323
Municipality		742-9111	742-1323

* The RCMP 24-hour emergency numbers are toll-free. You may have to dial 1 first, if it's long distance.

Provincial Social Assistance (Family Benefits)

Amherst 677-3336
Annapolis Royal 532-2337
Antigonish 863-3213
Barrington 637-2335
Bridgewater 543-2411
Dartmouth 424-3298
Digby 245-5811
Guysborough 533-4007
Halifax 424-4151
Kentville 678-6176
Lunenburg 354-3422
New Glasgow 755-5950
New Waterford 862-6289
Port Hawkesbury 625-0660
Sackville 865-5750
Sydney 563-3300
Truro 895-6337
Windsor 798-8319
Yarmouth 742-7871

Support Groups for Women in Abusive Relationships

Many of the transition houses run support groups for women who are in abusive relationships. Check with your local transition house.

Support Group for Battered Women 453-4320
Veith House, 3115 Veith Street
Halifax

Support Group for Battered Women 539-2945
Sydney, Glace Bay, North Sydney

Canso Women's Support Group 366-3435
43 Union Street, Canso

Naomi Society 863-3807
220 Main Street, Suite 201, Antigonish

Support Group for Survivors
of Sexual Abuse 625-1990
Leeside Society
P.O. Bag 2115
Port Hawkesbury, NS B0E 2V0

Transition Houses

Bryony House ..... (crisis, **TDD**) 422-7650
Halifax (office) 423-7183
(Wheelchair ramp, 1 room accessible, no bathroom)

Cape Breton Transition House ..... (crisis and office) 539-2945
Sydney

Chrysalis House ..... (crisis) 679-1922
Kentville (office) 679-6548
(Wheelchair ramp, 1 large room, bathroom(?))

Cumberland County Transition House
Association ..... (crisis) 667-1200
Amherst (Wheelchair accessible) (office) 667-1344

Eastern Shore Safe House Association ..... (crisis) 889-2146
Musquodoboit Harbour

Harbour House ..... (crisis) 543-3999
Bridgewater (Wheelchair accessible) (office) 543-3665

Juniper House ..... (crisis) 742-8689
Yarmouth (office) 742-4473

Leeside Transition House ..... (crisis) 625-2444
Port Hawkesbury (Wheelchair accessible) (office) 625-1990

Naomi Society (Safe Houses) ..... (crisis) 863-2852
220 Main Street, Suite 201 (office) 863-3807
Antigonish

Transition Houses (cont'd)

Tearmann Society ..... (crisis) 752-0132
New Glasgow (Wheelchair ramp, main floor accessible) (office) 752-1633

Third Place Transition House ..... (crisis) 893-3232
Truro (Wheelchair ramp, 1 room, partial bath, and common areas accessible) (office) 893-4844

Women's Centres / Women's Groups

Acadia University Women's Centre ..... 542-2287 ext. 140
Student Union Building
Highland Avenue
Wolfville

Antigonish Women's Resource Centre 863-6221
219 Main Street, Apt 204B
Antigonish

Canso Women's Support Group 366-3435
43 Union Street
Canso

Every Woman's Centre 539-5300
436 George Street 567-1212
Sydney

LEA Place Women's Centre 885-2668
Bluewater Business Centre, Basement
Sheet Harbour

Northside Women's Centre 794-8666
262 Commercial Street
North Sydney

Pictou County Women's Centre 755-4647
6th floor Provost Street 752-2233
New Glasgow

Second Story Women's Centre 543-1315
99 York Street
Bridgewater

Other Numbers

Committee Against Woman Abuse 479-1111
Captain William Spry Community Centre
10 Kidston Road, Halifax

Halifax Metro Welfare Rights Association 422-6424
2179 Gottingen Street, Halifax

Micmac Friendship Centre 420-1576
2158 Gottingen Street, Halifax

Military Family Support Centre 427-8100
CFB Halifax

Nova Scotia Native Women's Association 893-7402
Truro

Self-Help Connection 466-2011
63 King St,
Dartmouth, NS B2Y 2R7

Service for Sexual Assault Victims ..... 425-0122 (crisis)
6450 Young Street ..... 455-4240 (office)
Halifax, NS B3L 2A3

Taking Control, Making Changes 755-4647
Low Income Women's Group
P.O. Box 964
New Glasgow, NS B2H 5K7

YM/YWCA, Dartmouth 469-5021
Brookdale Court

YWCA, Halifax 423-6162
1239 Barrington Street